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From: DOD, ARMY, ORGANIZATIONS, ARMY OPERATIONS CENTER, AOC CAT OPSWATCH
G3 DAMO AOC(MC)
Subject: PREVENTION OF HEAT INJURIES

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FM DA WASHINGTON DC//DACS-ZD//
TO ALARACT
INFO CJCS WASHINGTON DC//J4//
BT

THIS ALARACT MESSAGE IS RELEASED ON BEHALF OF THE OFFICE OF THE SURGEON GENERAL.

REF/A/DOC/AR 40-5/15 OCT 90/
AMPN/PREVENTIVE MEDICINE
REF/B/DOC/DASG-PPM-NC/08 APR 05/
AMPN/DASG-PPM-NC MEMO, SUBJ: HEAT INJURY PREVENTION PROGRAM/
REF/C/DOC/DASG-PPM-NC/14 APR 04/
AMPN/DASG-PPM-NC MEMO, SUBJ: HEAT INJURY PREVENTION PROGRAM, 2004-2005/
REF/D/DOC/TB MED 507/AFPAM 48-152(I)/ HEAT STRESS CONTROL AND HEAT CASUALTY MANAGEMENT, PREVENTION, TRAINING AND CONTROL OF HEAT INJURY/07 MAR 03/

1. WE CONTINUE TO LEARN THE SAME LESSON ABOUT HEAT INJURIES. NOT FOLLOWING HEAT INJURY PREVENTION GUIDANCE HAS RECENTLY COST ONE SOLDIER HIS LIFE. 1,512 HEAT INJURIES AND 20 HEAT-RELATED DEATHS WERE REPORTED BETWEEN 2000 - 2004.
 2. PREVENTING HEAT INJURIES AND HEAT-RELATED DEATHS IS A COMMANDER'S RESPONSIBILITY. COMMANDERS AND NCOS MUST ENSURE SOLDIERS FOLLOW THESE PREVENTIVE MEASURES.
 - 2.A. DRINK LIQUIDS TO STAY HYDRATED, UP TO 1.5 QUARTS PER HOUR OR 12 QUARTS PER DAY, DEPENDING ON ENVIRONMENTAL CONDITIONS.
 - 2.B. DO NOT ALLOW SOLDIERS OR TRAINEES TO EMPTY CANTEENS TO LIGHTEN LOAD.
 - 2.C. ENSURE SOLDIERS ARE WELL HYDRATED BEFORE TRAINING. ASK ABOUT URINE COLOR; IF URINE IS CLEAR THEN THEY ARE WELL HYDRATED.
 - 2.D. ENSURE ALL MEALS ARE EATEN DURING THE MEAL BREAK. DO NOT USE SALT TABLETS. MEALS HAVE ADEQUATE SALT ADDED.
 - 2.E. ENSURE ADEQUATE TIME TO EAT MEALS AND DRINK WATER.
 - 2.F. ENFORCE BATTLE BUDDY CHECKS BY ENSURING THAT BATTLE BUDDIES ARE AWARE OF EACH OTHER'S EATING, DRINKING AND FREQUENCY OF URINATION.
 3. COMMANDERS AND NCOS MUST ENSURE THAT IDENTIFIED CONTROLS ARE IN PLACE.
 - 3.A. UPDATE WET BULB GLOBE TEMPERATURE (WBGT) HOURLY WHEN AMBIENT TEMPERATURE IS > 75 DEGREES FAHRENHEIT.
 - 3.B. ENSURE ADHERENCE TO WORK/REST CYCLE IN HIGH - HEAT CATEGORIES. REST IN SHADE.
 - 3.C. FOR TASKS REQUIRING CONTINUOUS EFFORT, ADHERE TO GUIDELINES AND ALLOW EXTENDED REST AFTERWARDS.
 - 3.D. PLAN PLACEMENT OF LEADERS TO OBSERVE AND REACT TO HEAT INJURIES.
 4. DETAILED GUIDANCE IS ON THE U.S. ARMY CENTER FOR HEALTH PROMOTION AND PREVENTIVE MEDICINE WEBSITE: [HTTP://CHPPM-WWW.APGEA.ARMY.MIL/HEAT/](http://CHPPM-WWW.APGEA.ARMY.MIL/HEAT/).
 5. WHEN COMMANDERS AND NCOS PLACE EMPHASIS ON PREVENTION OF HEAT INJURIES, THEY WILL EFFECTIVELY LIMIT OR ELIMINATE HEAT INJURIES.
 6. HQDA POCs FOR THIS MESSAGE ARE LTC JOHN ROWE 703-681-0022, DSN 761-0022, OR EMAIL: JOHN.ROWE@OTSG.AMEDD.ARMY.MIL AND MR. PAUL REPACI 703-681-2949, DSN 761-2949, OR EMAIL: PAUL.REPACI@OTSG.AMEDD.ARMY.MIL.
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